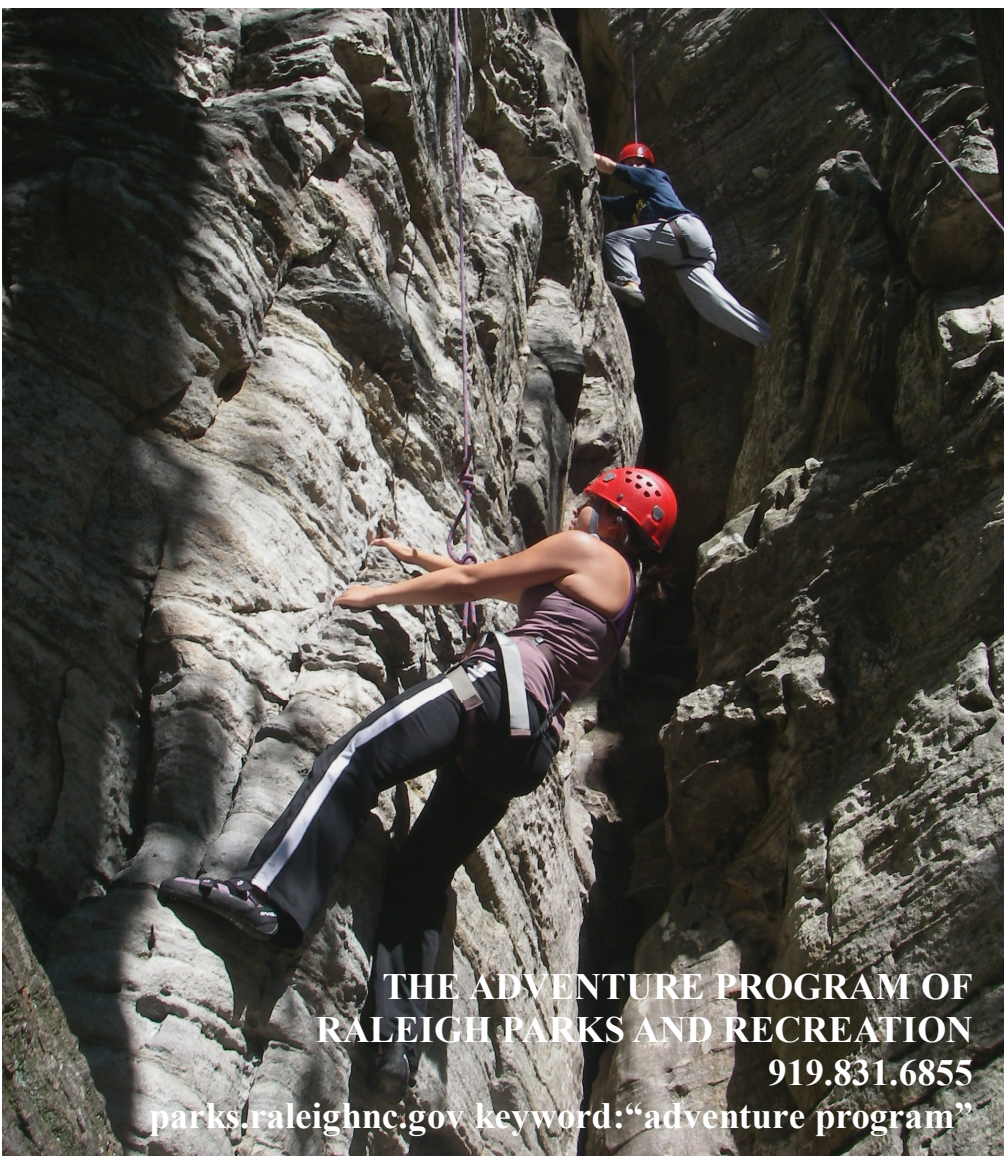




[jan - apr 2013] calendar of adventures

CLINICS CAMPS TRIPS EVENTS



THE ADVENTURE PROGRAM OF
RALEIGH PARKS AND RECREATION

919.831.6855

parks.raleighnc.gov keyword: "adventure program"

FOR MORE INFORMATION

+ call 919.831.6855

+ online at parks.raleighnc.gov keyword: adventure program

+ email adventure.program@raleighnc.gov

TO REGISTER

Registration can be processed online via RecLink, by mail, phone, fax, or at any staffed city of Raleigh Community Center. For additional information please call the Adventure office at 919-831-6855. Fax 919-831-6470 attn: Adventure.

OUR PURPOSE

- + Provide enjoyable adventure through experiential learning.
- + Create an atmosphere where group experiences help to create a sense of team.
- + Provide instructional foundations in a wide range of adventure activities.
- + Focus on safety issues and manage risks in the most proactive manner.
- + Provide an opportunity for environmental appreciation and stewardship.



Pool Sessions

Course Dates: January—March Friday Evenings

Location: Optimist Pool

Age: 12yrs and up

Cost: \$4 Resident, \$8 Non-Resident, \$4 Equipment Rental

Time: 5pm—8pm; Friday's

Don't let your paddling skills get rusty during the winter months; come join us at the Kayak Pool Sessions. Pool sessions are open practice times for all levels of paddler, whether you're working on playboating, perfecting your roll, or just wanting to try out the sport. Formal instruction is NOT provided, but a brief, basic boat orientation is available for beginners. So take advantage of the warm water at the pool and come practice your paddling! Kayak rental is not included in the pool session price. Kayaks can be rented (while supplies last) for an additional \$4 fee. Participants younger than 12 years may attend with the appropriate equipment, parental supervision, and with pre-approval by the Adventure Program Manager.

Private Roll Instruction

Course Dates: January—March, Friday Evenings

Location: Optimist Pool

Age: 12yrs and up

Cost: \$40 resident, \$52 non-resident

Time: 5pm, 6pm, or 7pm

Roll or Swim. If you are tired of option 2, try our Roll Instruction. For the boater wanting to take that next step in the kayaking progression we are proud to offer personalized roll instruction. Call to set up a time to work with professionally certified instructors on roll development. While everyone becomes proficient with these skills at different times, on average, it takes about three separate, hour-long, lessons to develop a fledgling pool roll. Roll instruction is designed to provide one step in the learning process. Students must have some kayaking experience, basic swimming ability and comfort under water. Instruction can be 1-on-1 or 1-on-2, with the fee split between both parties. Preregistration is required.



Kayak Basics

Course Dates: Saturday February 2, March 2, April 13

Location: Optimist Pool

Age: 12yrs and up

Cost: \$60 resident, \$72 non-resident

Time: 1—5pm

Kayak Basics is an introductory level course for those wishing to learn more about the sport of kayaking. This 4-hour course provides a comfortable and pleasant pool environment in which to learn the basics of paddling. Our calm, friendly instructors will help lay a strong foundation of skills. You will be ready to paddle at our Friday night pool sessions this winter or to move onto moving water instruction in the spring. Kayak experience is not required, but participants should have basic swimming ability and comfort under water. Equipment and instruction are provided.

Team Building

Date Range: Jan - March

The Adventure Program can provide custom team building for your group. With years of experience in group processing and team building, we will work with you to tailor activities and Initiatives to provide the ideal amount of challenge. Our equipment is portable so that we can program in any city facility or at your group's site. Standard program lengths are half-day, full day, or multi-day. Minimum group size of 8 or more required.



Top Rope Anchor Class

Date Range: March—April

Whether you want to start setting up your own climbs or are just interested in learning more about the climbing system that keeps you off the ground, the Top Rope Anchors clinic is for you. Get hands on experience building anchors with feedback and guidance from professionals at Raleigh Parks and Recreation. This program is a must for anyone who longs to become an independent climber.



...Call us with any other ideas you might have!
Adventure Program Office: (919) 831-6855

What is a Custom Program?

A custom program is a course you and the Adventure staff plan based on timing that works for you and geared specifically towards your goals or for your group. These can be for groups or individuals.

Prices vary depending on number of people, location, and specific course; look at similar course offerings in this publication for a ballpark of what it will cost. Call us today to set up a custom program.

Pool Play Boating

Location: Optimist Pool

Date Range: Jan - March

If you are ready to take your kayak and get vertical, do yourself a favor and take a lesson. Play boating takes all the aspects of boat control (balance, edging, and paddle strokes) then combines them in a way that isn't intuitive and may be hard to learn on your own. Save yourself the frustration and work with us on a step by step process to master the fundamentals of play boating. Our staff will work with you and give you feedback to help you improve. Sign up today to start performing squirts, stalls and trading ends more often and with greater ease. This program has 14 years old as the minimum age requirement.



Neuse River Kayak Sampler

Date Range: March—April

This half-day trip on the Neuse River is designed as a guided trip with basic kayak instruction. Rather than an instructional based course the Neuse Kayak Sampler is designed for those interested in trying out kayaking. If you are more interested in exploring waterways and taking in the view than running rapids, this is your



Survival Skills

Course Dates: February 15

Location: Durant Nature Park

Age: 8 - 12yrs

Cost: \$8 Resident, \$10 Non-Resident

Time: 1:30-3:30pm

Would you know what to do if you were stranded in the woods? An Adventure instructor will teach you the skills to stay warm and dry by building a shelter and starting a fire. We'll keep a fire going to roast some marshmallows and help us stay warm during this hands-on, fun program.

Geo-Caching

Course Dates: March 15

Location: Durant Nature Park

Age: 8 - 12yrs

Cost: \$8 Resident, \$10 Non-Resident

Time: 1:30-3:30pm

On this early release day, do something outside. We will show you how to use a GPS and find secret treasures hidden in and around Durant Nature Park. Join us for a day of activity and exploration.



Survival Clinic - Signaling and First Aid

Course Dates: Saturday February 2, March 2, April 13

Location: Durant Nature Park

Age: 8 - 12yrs

Cost: \$8 resident, \$10 non-resident

Time: 1- 5pm

Would you know what to do if you were stranded in the woods? An Adventure Program instructor will teach you the skills you need to know to alert others to your emergency situation and perform first aid in a wilderness scenario where EMS is not an option. This is a fun, hands-on program that will take place entirely outdoors. Please dress for the weather and wear comfortable walking shoes.

Bike Maintenance**Course Dates: March 27****Location: Jaycee Community Center****Age: 14yrs and up****Cost: \$15 Resident, \$27 Non-Resident****Time: 6-9pm**

Stop paying for costly bike repairs that can be done on your own! Learn how to wrench on your bike for less than the cost of having flats changed for you. Participants of this course will learn to change flat tires, adjust gears and brakes, and look after the well being of your beloved bicycle. Road bikes, mountain bikes, comforts and cruisers; it doesn't matter. We will have you back on your ride lickity split. Spend more time riding and less time waiting on repairs!

**Guide N' Ride - Single Track****Course Dates: March 9****Location:****Age: 12yrs and up****Cost: \$10 Resident, \$20 Non-Resident****Time: 8am-1pm**

Want to ride some new trails without that lost in the woods feeling of going to a new area? Join us for a half-day program that introduces single track riding techniques, trail ethics, and land mark identification for finding your way around. Our instructors will make sure that you are bringing the proper equipment, matching riding options to group fitness and skill levels as well as attend to any first aid issues that may arise. Take the next step to becoming a confident and independent rider today. Participants must provide their own mountain bike for the program. If you need to rent, we can point you in the right direction too.

Guide N' Ride - Greenway**Course Dates: March 15****Location: Durant Nature Park****Age: 12yrs and up****Cost: \$10 Resident, \$22 Non-Resident****Time: 10am - 12pm**

Guide 'n' Ride focuses on getting you out there and having more of a guided-tour experience, rather than an instructional-based one that focuses on building skills. We want you to try this out, to explore the greenway near Pullen Park. The Greenway is a paved bike path that winds through the woods, along creeks and streams, to connect you to various parks throughout the city. So join our staff and learn how to get around town. We'll be teaching biking fundamentals, including rules of the road and unwritten rules for riding on the multi-use trails, before taking a ride to explore the greenway around Raleigh.



Climb up. Rappel Down

Course Dates: March 23

Location: Frank E. Evans building

Age: 14yrs and up

Cost: \$75 Resident, \$87 Non-Resident

Time: 7am-6pm

The old adage 'what goes up, must come down' is definitely true when it comes to the sport of rock climbing. Rappelling is a skill that all climbers should know. Join our experienced instructors who will teach you both climbing and rappelling skills at our local crag 'Pilot Mountain'. Learn to rappel and take one more step to being an independent climber. Equipment, instruction and transportation are provided.

Intro to Rock Climbing

Course Dates: February 23, April 20

Location: Frank E. Evans building

Age: 12yrs and up

Cost: \$30 Resident, \$42 Non-Resident

Time: 9am - 1pm

Join the Adventure Staff for a challenging half day of indoor rock climbing at one of the Triangle's modern rock gyms. Our instructors will focus on teaching concepts associated with belaying and will provide adequate practice to hone it into an acquired skill. By the end of the class participants will be ready to take any climbing center belay test, a requirement to utilize indoor climbing facilities. Equipment, instruction, transportation, and plenty of climbing opportunities will be provided.

